

OCTOBER 2023

SENIOR CENTER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Tai Chi 9:00 Seaside Café 9:30 Memoir Writing 9:45 Zoom HIIT Class 11:00 Sit & Fit 12:00 Painting 12:30 Mah Jongg 1:15 SALTY	8:30 Yoga 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 2:00 French Club	8:30 HIIT Class 9:00 Cooking Club 9:00 Hiking Club 9:30 Friends Board Meeting 9:30 SHINE Appointments 12:00 Mobile Pantry 12:00 Ask A Nurse 12:30 Mah Jongg 12:30 Rummikub 2:15 Ukulele	8:30 HIIT Class 8:30 Zoom Yoga 9:00 Seaside Café/Cribbage 9:45 HIIT Class 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 2:00 BINGO 2:00 Master Gardener Series	9:00 Wood Carving 9:30 Brown Bag Program 10:30 Grab & Go Meals 1:00 Painting
HOLIDAY SENIOR CENTER CLOSED	8:30 Yoga 9:00 Seaside Café & Trivia 9:45 Dance with Jenny 10:00 Baked Goods Pickup 11:00 Light & Fit 12:00 Closed Bridge 12:15 Mobile Meals 1:00 Drop-In Tech Help 2:00 French Club 2:45 Meditation	8:30 HIIT Class 9:00 Hiking Club 9:30 SHINE Appointments 12:30 Mah Jongg 12:30 Rummikub 1:00 Trader Joe's 2:15 Ukulele	8:30 HIIT Class 8:30 Zoom Yoga 9:00 Seaside Café/Cribbage 9:45 HIIT Class 10:00 Low Vision Support 11:00 Sit & Fit 12:00 Open Bridge 12:15 Mobile Meals 1:00 Whole Foods 1:00 Flu Shot Clinic at Elks 2:00 BINGO 2:00 Let Me Entertain You 4:00 Spanish	9:00 Eastham COAch 9:00 Wood Carving 10:30 Making Music & Memories 12:30 Eastham COAch 1:00 Painting

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8:30	Tai Chi	8:30	Yoga 17	8:30	HIIT Class 18	8:30	HIIT Class 19	9:00	Wood Carving 20
9:00	Seaside Café	9:00	Seaside Café & Trivia	9:00	Hiking Club	8:30	Putnam Farm Tour	10:30	Grab & Go Meals
9:30	Memoir Writing	9:45	Dance with Jenny	9:30	SHINE Appointments	8:30	Zoom Yoga	10:30	Making Music &
9:45	HIIT Class	10:00	Baked Goods Pickup	12:30	Mah Jongg	9:00	Seaside Café/Cribbage		Memories
11:00	Sit & Fit	11:00	Light & Fit	12:30	Rummikub	9:45	HIIT Class	1:00	Painting
12:00	Painting	12:00	Closed Bridge	1:00	Birthday Club	11:00	Sit & Fit		•
12:30	Mah Jongg	12:15	Mobile Meals	2:15	Ukulele	12:00	Open Bridge		
1:15	SALTY	2:00	French Club			12:15	Mobile Meals		
		2:45	Meditation	··HA	PPY BRTHDAY!	1:00	Whole Foods		7 60 7
						2:00	BINGO		
						2:00	Arts & Music Series		
						4:00	Spanish		
	Tai Chi 23		24				26		
8:30		8:30	Yoga 24	8:30	HIIT Class 25	8:30	HIIT Class 26	9:00	Eastham <i>COA</i> ch 27
9:00	Seaside Café	9:00	Seaside Café & Trivia	9:00	Hiking Club	8:30	Zoom Yoga	9:00	Wood Carving
9:30	Memoir Writing	9:45	Dance with Jenny	9:30	SHINE	9:00	Seaside Café/Cribbage	9:30	AARP Safe Driving Course
9:45	HIIT Class	10:00	Elder Law Attorney	12:00	Appointments	9:30	COA Board Meeting	12:30	Eastham <i>COA</i> ch
11:00	Sit & Fit	10:00	Baked Goods Pickup		Free Lunch	9:45	HIIT Class		
12:00	Painting	11:00	Light & Fit	12:30	Mah Jongg	11:00	Sit & Fit	1:00	Painting
12:30	Mah Jongg	12:00	Closed Bridge	12:30	Rummikub	12:00	Open Bridge		
1:15	SALTY	12:15	Mobile Meals	2:15	Ukulele	12:15	Mobile Meals		
		1:30	Health Series			1:00	Whole Foods		
		2:00	French Club			2:00	BINGO		
		2:45	Meditation			2:00	NPS: Penniman Photos		
8:30	Tai Chi 30	8:30	Yoga 31			4:00	Spanish		
			Yoga 51 Seaside Café & Trivia			1		l .	
9:00	Seaside Café / Climate Action Committee	9:00							
0.70	Mamair Writing	9:45	Dance with Jenny						

11:00

12:15

1:00

2:00

2:45

10:00 Baked Goods Pickup

Mobile Meals

French Club

Meditation

Drop-In Tech Help

Light & Fit

12:00 Closed Bridge

9:30

9:45

1:15

1:30

Memoir Writing

Stroke Awareness

HIIT Class

11:00 Sit & Fit

12:00 Painting

12:30 Mah Jongg

SALTY

